

# Accomplishment Anchor

You can also use your past successes to give you confidence, spur you on to greater achievements and give you a boost of positive emotions when you need a little psychological pick-me-up. This is an idea adapted from positive psychologist Barbara Fredrickson.

Take your completed Accomplishment: Three Column exercise and over the next 20-30 minutes, find something to remind you of each of the most significant accomplishments. Reminders could include the following:

- Photos of the award ceremony
- A sporting trophy
- Certificate of achievement
- Letter of appointment
- School report
- Congratulations card or email from a dear friend
- Copy of a sponsorship form showing how much you raised

Keep these mementos together where you can easily see them, save a digital photo of them on your phone, or create a mental snapshot in your head. When you feel like you need a boost, spend a few moments looking at them, reminding yourself of your significant achievements.